



# Last APG Ordnance unit casing its colors, moving to Fort Lee

By **ROGER TEEL**  
RDECOM Public Affairs

The casing of the 143d Ordnance Battalion colors will symbolize the U.S. Army Ordnance Center and Schools' final transition from Aberdeen Proving Ground.

The Discontinuation Ceremony takes place 9 a.m., July 29, at McBride Field, APG South (Edgewood).

The Ordnance Corps was established at APG when the Army moved its ordnance testing facilities here in 1919. By

1940, all Ordnance training for officers and enlisted Soldiers was moved from Raritan Arsenal, N.J., to APG to form the Ordnance Center and Schools.

The 143rd Ordnance Battalion was reactivated Oct. 30, 1986, as a training battalion with the U.S. Army Training & Doctrine Command. It has since produced advanced individual training (AIT) Soldiers for the Army.

"We'd like the APG community to join us at our ceremony on Edgewood," said Lt. Col. Steven Fletcher, battalion com-

mander. "Our Soldiers, civilians, contractors, and Families have been an integral part of this installation for many years and we are so grateful for the support that has been provided to the next generation of Ordnance Soldiers at Edgewood."

"We've been planning this transition for over two years in the battalion," he said.

During the final months, Fletcher has challenged every member of the organization to continue to train AIT Soldiers, execute a complicated equipment move

from APG to Fort Lee, Va., and prepare themselves for transition to the needs of the Army as the battalion discontinues.

"Each of these missions is difficult in and of themselves but I've had to have them step up and perform all three simultaneously. They have done it and I'm proud of the whole team," Fletcher said.

The 143d Ordnance Battalion officially discontinues on Sept. 15, 2011, under provisions of the Base Realignment and Closure law.

## Girl Scout troops forming at APG

By **RACHEL PONDER**  
APG News

Girls in kindergarten through twelfth grade are invited to join Girl Scout troops forming on Aberdeen Proving Ground North (Aberdeen) and APG South (Edgewood).

Annie Brock, a lifetime Girl Scout and president of the installation's Military, Civilian and Spouses' Club, is heading the effort. She's hoping to get both troops started by mid September. And she's banking on community volunteers to step forward and lead the troops.

"We are looking for girls to join the troops and adults to volunteer their time and share their abilities," said Brock. "We only need five girls to start a troop, and troops can be multi-level."

As the number of participants increase, so will the number of troops, which Brock says can then be divided by age group.

Brock has been spreading the word throughout the APG community and promoting the benefits of joining. First on the why-join list is that the program "grows girls strong."

"It expands a girl's abilities by building leadership skills and knowledge," she said. "It gives girls a chance to explore areas of their interest, which can help them in their school life, and later in their work life."

"When a Girl Scout receives the highest Girl Scout award, the Gold Award, it sets them apart," explained Brock. "I have heard stories of employers choosing Gold Award recipients over other candidates with similar qualifications."

In addition to completing projects to earn badges and awards, Girl Scouts give back

See GIRL SCOUT, page 4

## ACS BIRTHDAY



Photo by Yvonne Johnson

(Front) Jeff Teate (Mister Twister) from Nothin' Up My Sleeve Entertainment (left), presents a snake balloon to Amanda Florida, 14, as her friend Nikki Onyemma, 12, looks on during the Army Community Service 46th birthday celebration at the Shore Pool Picnic Area July 21.

## PCCA hosts Summer Fun event

Story and photo by  
**RACHEL PONDER**  
APG News

Community youth and their parents gathered at the APG North (Aberdeen) child development center for the July 21 Summer Fun event, hosted annually by the CDC Parent Child Care Association.

In the main post chapel fellowship hall, children participated in hula hoop challenges, sack races, football tosses, crafts and more. Attendees ate food and ice cream donated by parents and a local Italian Ice eatery.

Angelique Scharine, who serves as the treasurer of the

APG North (Aberdeen) PCCA, said the Summer Fun event is just one of the activities the organization hosts throughout the year.

"The PCCA is like the child care version of the Parent Teacher Association," Scharine said. "We try to offer the extras that the center cannot provide for the kids. So, for example, we have a pumpkin patch event in October, an egg hunt in the spring, picnics and other events. Our kids get very good care at the center, but this just gives them just a little bit more."

See PCCA, page 4

Natalie Watson, 3, participates in the hula hoop challenge during the Summer Fun event hosted by the Parent Child Care Association at the Aberdeen Proving Ground Child Development Center July 21.



## WEATHER

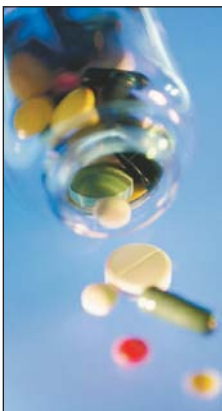
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Soldiers who take prescription meds six months after dispense date and pop positive on urine tests could see their careers go down the toilet.

Read more about  
**AMC reg 40-51 AMC**

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## Grilling tips

Enjoy one of America's greatest pastimes... the safe way.



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## ONLINE

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## BEHAVIORIAL HEALTH

A Soldier, wife and mother talks about her daily struggles with adjustment disorder. SEE PAGE 2



OPINION

Reservist, mom, journalist talks about behavioral health issue

Some may wonder how a civilian journalist would have Post Traumatic Stress Disorder or any other behavioral health issue and be able to relate it to what service members and their Families go through.

I can relate better than some would think.

Not only am I an Army civilian, but I am a staff sergeant in the Army Reserve, a military spouse and a mother. I’ve deployed three times, once to Kosovo and twice to Iraq. I was treated and am still under a bit of medical care for adjustment disorder.

It’s not quite PTSD, but many of the signs symptoms are similar.

Does having a behavioral health issue make me weak?

Not at all.

I had no clue what it meant my first deployment when I was only 19. My second deployment I was 23 and a single mom. I came back in time to celebrate my 25th birthday and my daughter’s 2nd.

I refused for a while to believe I had much of an issue.

My biggest issue was I was angry,

I snapped at people for little things and I would just

breakdown and cry for no apparent reason. After a few complete breakdowns at work, I finally got the help I needed. I knew for this most recent deployment if I recognized anything I did from last time, I wouldn’t wait six months or more again to get help.

This deployment was rough from the start.

My then fiancé deployed to Afghanistan and I was on my way to Iraq. I heard about the things they were going through and felt guilty. They were on a remote base, didn’t have much and were in regular contact with the enemy. There I was in Baghdad.

I knew almost every day I could easily get a shower (except when the water ran out), I could walk to the dining facility any time I wanted, I had a small post exchange I could go to and so much more.

Not long after I arrived in Iraq, my grandfather died. Not long after that

my then fiancé was hurt. He lost most of his hearing and suffered a traumatic brain injury. He fought to stay out with his troops, but eventually the docs won out and he was sent home early to get the treatment he needed.

When I came home on rest and recuperation, we decided to no longer wait and to get married.

Our Families supported the decision.

It was odd being home. I was learning to deal with some of what he was going through and yet honestly trying not to get wrapped up too much in it because I would soon be going back to Iraq and had a job to finish.

The hardest part was early on and he didn’t always get my name right. He knew who I was, but names weren’t a strong point. He started calling me more by the nickname he gave me than by my name.

After I returned, I had even more issues.

I was trying not to stress too much about not being there for him.

Then I got an email from my little sister. I wanted to call home as soon as I read it, but I had to wait.

Waiting out the clock was impossible. She informed me the doctors found

a mass in her head and that it was bleeding into itself. She’s had surgery since I’ve returned home and I got to be there to support her through that, but she now has other problems as a result of the surgery and it will be at least six months before they think she will be ready to return to work.

It was all just adding up. While still in Iraq, I had breakdowns at the office. I was escorted to the chaplain’s office by one of the sergeants first class in my unit. I met with the chaplain at times and I was talking with combat stress.

I was still fine with going out on missions. I managed to keep it all together well and focus on my job. It was during the down times that were hardest and my thoughts would start racing on all the “what ifs” and feeling guilty about not being there for my husband and my sister.

It got worse at the end of the deployment. It was close to nine months ago, October 26, 2010.

I had gone down to Basra to cover some different stories. My last one was a mission where I was with a group of U.S. and Iraqi soldiers escorting the State Department for an agricultural project.

We never made it to our destination. After all, the bad guys didn’t care the U.S. called an official end to a leading role in combat operations in September.

I was riding with four other Soldiers in the lead Mine Resistant Ambush Protected vehicle.

I was in the back talking with one of the Soldiers. Next thing you hear the boom and the vehicle fills with smoke and dust. You hear the gunner scream.

Is it from pain or the adrenaline rush?

I honestly for a second or two wasn’t sure what happened. The other Soldier in the back was the one who said out loud we’d been hit. It was an improvised explosive device - an explosively formed projectile, better known as an EFP.

The gunner dropped and was held down because he wanted to get back up. The second you saw his face we wondered if he was burned. He just had that much soot and dirt on his face.

The rest of the convoy had no clue what our status was. We had lost communications. It seemed like an eternity, but I’m sure it wasn’t long until the radios were back up and we could communicate.

The rest of the convoy moved in to secure the area.

Everyone who needed to be contacted was. It was the Iraqi Police, the Iraqi Army, the Iraqi Explosive Ordnance teams who were our first and main responders.

I was amazed. It took an incident like that, but I got to see first-hand how the training my fellow service members had provided them was paying off.

All of us in the vehicle walked away

from the incident.

I have learned though that whiplash seriously sucks and that you’re expected and pretty much allowed to be angry after someone tries to blow you up.

I’ve been home since December. For a while things weren’t easy, but they are constantly getting better. I’m still angry more often than I would like, but usually at myself.

Crowds drive me batty. I don’t always feel like I fit in to the civilian world. Some days I just don’t care and have to force myself to be motivated. Having a 6-year-old at home seriously helps me to be motivated even when I don’t want to.

I hate driving, but do it because I have to. I get mad at myself for this all bothering me because I know others who dealt with more, but I know it has seriously phased me and does not make me weaker.

I’ve been getting the help I need. It was easier this time to admit it.

I also knew better of where to go. There is anonymous counseling through Chap-

lains, Military Family Life Consultants, Vet Centers and more. They only let someone know if you are a danger to yourself or others. Medical providers also offer help. I get help through the Veterans Affairs medical system.

There are so many options. Don’t be afraid to get help.

Admitting to having an issue doesn’t make you weak. It doesn’t make you a failure. It doesn’t make you less of a Soldier. Admitting you need help means you are truly living up to the Army Values and you are trying to be Army Strong.

I shake as I write this.

It all still gets to me more than I admit. Some days are worse than others, but it is getting better. I am doing my job as a Soldier, wife, mother and civilian. I may have a behavioral health issue, but I do not let it stop me.

**Nondice Thurman**  
*Fort Campbell Courier*

“My biggest issue was I was angry, I snapped at people for little things and I would just break down and cry for no apparent reason. After a few complete breakdowns at work, I finally got the help I needed.”

Crowds drive me batty. I don’t always feel like I fit into the civilian world. Some days I just don’t care and have to force myself to be motivated. Having a 6-year-old at home seriously helps me to be motivated even when I don’t want to.

Send newspaper submissions to new email address

Due to ongoing issues with the recent DISA migration, community members are asked to send all submissions for the APG News to [adriane.foss@us.army.mil](mailto:adriane.foss@us.army.mil), and CC the editor-[apg@conus.army.mil](mailto:apg@conus.army.mil) address. Type APG NEWS SUBMISSION in the Subject Line. You should receive a response within three business days letting you know that the submission has been received. If you do not receive a response , please call 410-278-1150 to inquire.

APG SEVEN DAY FORECAST



APG NEWS

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# Commuter options

Team C4ISR employees file onto the APG shuttle bus headed for the Aberdeen train station at the end of the business day. The bus makes seven stops on APG North, transporting Soldiers, civilians and contractors to and from the train station in the mornings and evenings. For information, call the Garrison Transformation Office at 410-278-0915 or e-mail [APGTransformationOfc@conus.army.mil](mailto:APGTransformationOfc@conus.army.mil).



Photo by Yvonne Johnson



# Access referral status online

By **DEBORAH DODSWORTH**  
*KUSAHC*

Patients who want a referral to see a specific doctor are encouraged to make use of Kirk U.S. Army Health Clinic’s referral management office.

After being seen by a primary care physician, patients are directed to go to the referral management office in the first hallway of the main KUSAHC building.

The doctor’s request is processed by the KUSAHC staff and then given to the Health-Net Federal Services staff to find a participating specialist for the patient. The referral is electronically faxed to the TRICARE Corporate Office in Rancho Cordova, Calif.

“Patients usually receive written notification from the corporate office in seven to 10 business days,” said Eleanor Ware, KUSAHC referral office manager.

Urgent requests are processed within three to five business days and go directly to the provider since generally an appointment has been made or is pending.

Because clinic patients are accus-

“Because the patients at Kirk have been accustomed to receiving their authorizations on the same day, this change by Tricare of waiting for the authorization to arrive in the mail has met with some confusion.

**Eleanor Ware**  
KUSAHC referral office manager

tomed to receiving same-day authorizations, waiting for authorization to arrive in the mail may be met with some confusion.

“The No. 1 reason beneficiaries call the TRICARE 800 number is to check authorization and referral status. Now we can save them a phone call,” said Ware.

Beyond the new [www.hnfs.com](http://www.hnfs.com) registration, the new options will allow beneficiaries to use tools on the website to access information about their referral status.

**Auto-Authorization Alert** - With Auto-Authorization Alert, beneficiaries can sign up while registering on [www.hnfs.com](http://www.hnfs.com) to receive an automated phone

call when Health Net has processed their referral or prior authorization request.

The phone call will be made to the beneficiary’s telephone number as listed on his or her referral or authorization request in the Care Coordination System, letting the beneficiary know the request has been completed.

The beneficiary can then view the status of his or her request (approved or denied) online through the website using his or her **myTRICARE.com** username and password. If the beneficiary does not have a **myTRICARE.com** username and password, he or she can register for one at [www.hnfs.com](http://www.hnfs.com).

**Prior Authorization, Referral and BenefitTool** - Now there is one easy-to-use tool where beneficiaries and providers can enter in the beneficiary’s TRICARE plan option, beneficiary type, servicing provider type and the service being requested to find out if a Health Net referral or prior authorization is required. Patients can enter the information to find out if the service requires Health Net approval as well as confirm if a service is an excluded or limited TRICARE benefit.

**Change Your Enrollment Payment Method Online** - Now beneficiaries can submit a request to start, stop or change their monthly enrollment payments between allotment, electronic funds transfer or recurring credit card payment. By registering on [www.hnfs.com](http://www.hnfs.com), beneficiaries can submit their payment option request automatically rather than completing a paper form. Parts of this article were abstracted from Health-Net Federal Services.

For more information, call your Kirk Health Benefits Advisor at 410-278-1719.

# Using meds beyond 6-month dispense could end career

By **BRANDY GILL**  
*Carl R. Darnall Army Medical Center Public Affairs*

Soldiers who take their prescription medications six months after dispensation and pop positive on a urinalysis test could see their careers go down the toilet.

Changes made to Army Medical Command regulation 40-51, issued by the surgeon general via an All Army Activities message dated Feb. 23, 2011, announced that controlled substances could only be used up to six months from the prescription issuance date.

This announcement may seem minor, but it could potentially be a career-ender for any Soldier who has prescription medicines, said Col. Kimberly Kesling, deputy commander for clinical services at Carl R. Darnall Army Medical Center, or CRDAMC.

All it would take is a positive urinalysis test.

“A positive urinalysis that occurs after the prescription dispensing date may result in a no legitimate use finding and subsequent Uniformed Code of Military Justice action,” Kesling said.

This is a major change from how positive urinalysis tests due to prescribed controlled substances were handled in the past, said Lt. Col. Gwendolyn Thompson, CRDAMC’s pharmacy chief.

“Previously, if a Soldier had a positive urinalysis test, all they had to do was present their medication profile showing they were prescribed the controlled substance drug within that year and a valid use would

be assumed,” she added. “But now, after six months from the dispensing date, it’s no longer considered valid use.”

Some of the most commonly prescribed controlled substances dispensed at CRDAMC pharmacies are: Percocet, Oxy-Contin, morphine, Vicodin, Tylenol #3, Xanax, Ambien and Lunesta among others including generics that Soldiers should be aware of too.

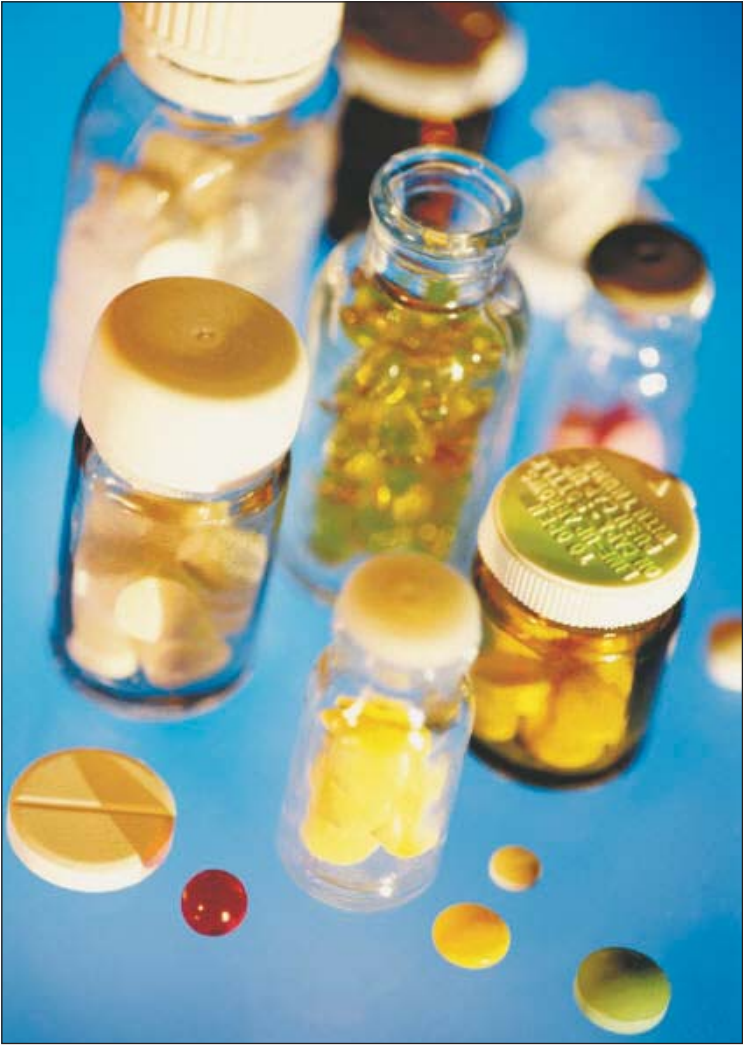
Anyone who receives a controlled substance medication from a CRDAMC pharmacy should be fully aware of it before they leave the facility Kesling said.

“Controlled substance medications are classified by the Drug Enforcement Agency as a medication with the potential for abuse,” she said. “These medications are easily identifiable when dispensed at your pharmacy because a signature for receipt will be required and a pharmacist will counsel you that the medication is a controlled substance.”

CRDAMC pharmacists are also handing out letters to prescription holders on the change in policy and it includes a list of the most commonly prescribed controlled substances, Thompson said.

In addition to advising Soldiers on the policy change, prescription bottles will be marked with distinct red warning labels which states, “Do Not Use six months after dispensing date. May result in ‘NO LEGITIMATE USE’ on urinalysis.”

Providers and pharmacies are limiting prescription quantities for these types of medications to a 30-day supply maximum



**CRDAMC pharmacists are also handing out letters to prescription holders on the change in policy and it includes a list of the most commonly prescribed controlled substances.**

for acute conditions too.

However, Soldiers with a chronic condition can still get the medications they need, but instead of one large prescription that would last for several months, they will now get an initial 30-day supply with up to five 30-day refills.

Providers can still write 90-day prescriptions for controlled substance medications that treat

attention-deficit hyperactivity disorder, and deploying Soldiers will continue to receive a six-month supply of their medications before they deploy.

Even though providers and pharmacies are required to follow these new rules, responsibility still falls on Soldiers to make sure they are in compliance Thompson said.

We all have medicine cabi-

nets or shelves full of prescription medications,” she said. “Soldiers tend to keep medications that are for pain if they don’t use it all initially.”

“A year later the Soldier has trouble with pain again and goes to the medicine cabinet and grabs the controlled substance,” she explained. “That’s what’s going to get them in trouble. They have to read the labels and pay very close attention to the dispense date.”

Soldiers can avoid this situation all together by safely disposing of the prescribed medication once the six-month grace period ends.

According to the U.S. Food and Drug Administration’s website, there are several different ways to appropriately get rid of unused medications.

One way would be to look for medicine take-back programs. Another way would be to mix the medication with unpalatable substances like kitty litter, put the mixture in a sealable plastic bag and throw it away with household trash.

Highly dangerous medications, like OxyContin, morphine and Percocet should be flushed down a toilet or sink instead the website says.

“There are a small number of medicines that may be especially harmful and, in some cases, fatal in a single dose if they are used by someone other than the person the medicine was prescribed for,” the website states. “When you dispose of these medicines down the sink or toilet, they cannot be accidentally used by children, pets, or anyone else.”

# Girl Scout news

Continued from Page 1

to their community through service projects. And for mobile military Families, being a part of the program provides continuity by allowing members to move to new communities and make friends with shared interests fairly quickly.

“Having troops here will be a big benefit for the girls,” Brock said. “There are so many resources on post like Outdoor Recreation that can be used. There are also many knowledgeable adults in the community who can share their experiences and be good role models for the girls.”

Brock encourages community members to consider volunteering—for themselves, the community and the young girls they will influence.

“Being a Girl Scout will help these girls for a lifetime,” she said. “And working with the girls can also change you for the better.”

For more information, to join or volunteer, call Meghan Laschinger, Manager,

“Having troops here will be a big benefit for the girls. There are also many knowledgeable adults in the community who can share their experiences and be good role models for the girls.

**AnnieBrock**  
MCSC president

Recruitment and Placement Services with the Girl Scouts of Central Maryland, at 410-358-9711, ext. 219. Register online at [www.gscm.com](http://www.gscm.com).

# PCCA celebration

Continued from Page 1

Scharine said that by volunteering with the PCCA she feels more a part of her child’s care.

“When I got involved I realized that it gave me some insight into different teachers, policies, etc.,” she said. “My son has ADHD (attention deficit hyperactivity disorder) and my daughter, 3, has food allergies and is quite shy. I needed to know how to ask for accommodations for them and how to work out problems with the teachers.

“It is good to have contact with other parents and the staff because I know what to ask for,” explained

Scharine. “The CDC is a wonderful day-care and we feel quite fortunate to have such excellent teachers for our kids.”

Ben Foresta, incoming PCCA president, said anyone with a child enrolled at CDC is welcome to join the PCCA. Meetings are held monthly, during lunchtime or after work.

“We are constantly looking for new folks to get involved and bring their ideas to the group,” he said. “They can participate in whatever their schedule allows.”

For more information, call Foresta at 410-301-4825. For information about the APG South (Edgewood) PCCA, call Phyllis Perry at 410-612-4150.

**Tell them you saw it in the APG News**



# ACS marks 46 years with community cookout

Story and photos by  
**YVONNE JOHNSON**  
*APG News*

The APG community celebrated the 46th birthday of Army Community Service during a July 21 cookout at the Shore Pool Picnic Area.

Despite last week’s record-high heat index and humidity, plenty of folks showed up to take part in the daylong festivities.

The annual event is a way to thank the community while spreading the word about ACS programs and services, according to Diana Hayes, ACS program coordinator for the Information and Referral Follow-up Outreach Program.

“We take our mission of supporting Army Soldiers and Families – military and civilian – seriously,” Hayes said. “This is a fun day that also serves as a reminder of what ACS is all about.”

Entertainment included balloons, body art, caricature drawings, temporary tattoos, a mobile gaming truck, and bounce house.

Guests cooled off in Shore Pool, which was free for the day, and enjoyed complimentary burgers, hot dogs, baked beans, salad and beverages.

The day’s highlight was the cutting of the ACS birthday cake, led by Hayes, Capt. Malikah McCormick and 1st Sgt.

Sonya Jackson of the Garrison’s Headquarters and Headquarters Company.

**ACS mission and services**

The APG Army Community Service provides military personnel and their Family members, as well as civilian employees, a central point to turn to for information, advice and guidance, in resolving personal and Family issues or problems. Programs and services include:

- Information & Referral
- Employment Readiness
- Army Family Team Building
- Army Emergency Relief
- Financial Readiness
- Volunteer Program
- Family/Victim Advocacy Program
- Exceptional Family Member Program
- Survivor Outreach Services
- Relocation Assistance
- Army Family Action Plan

For more information, call the APG North ACS in Bldg. 2503, Monday to Friday, 8 a.m. to 4:30 p.m., at 410-278-7572/4372 or visit the APG Garrison website and click on ACS, <http://www.apg.army.mil/apghome/sites/services/acs/services.html>.

View and download photos at [flickr.com/photos/usagapg](http://flickr.com/photos/usagapg).

See more on the APG Live blog site at <http://apg.armylive.dodlive.mil/>



Taylor Martinovich, 2, enjoys a splash in the kiddie pool during the ACS 46th birthday celebration at the Shore Pool Picnic Area July 21.



(From right) Katie Aarsen, 12, watches as airbrush technician Raven Sydiskis, from Nothin’ Up My Sleeve Entertainment, paints a hibiscus flower on her arm.



(From left) Garrison HHC Commander Capt. Malikah McCormick serves a piece of ACS birthday cake to Gabrielle Brown, 8, as mom Sgt. 1st Class Stephanie Brown and sister Haley Brown, 6, look on.





## Jobs a hot topic at CAC meeting

Marilyn McCluskey, a military spouse, explains her difficulty in obtaining a job at Aberdeen Proving Ground and how she eventually took advantage of several Army and APG services, including the Priority Placement Program, to get hired. McCluskey spoke during the monthly Community Action Council meeting at the APG North (Aberdeen) main post chapel July 21. Meeting highlights also included information on APG boat slips—open for rental and Religious Support Office events. Community members were asked to provide feedback on whether or not they would like to hold monthly or quarterly CAC meetings. Call 410-278-1147 with your answer. View the CAC July slides at <http://www.apg.army.mil/apghome/sites/local/>.

Photo by Rachel Ponder

# Post Shorts

### JAG celebrates birthday

The Army Judge Advocate General's Corps celebrates its 236th Birthday July 29. The CECOM Office of The Staff Judge Advocate will hold a Birthday ceremony July 29 at 2 p.m. in the CECOM Conference Room, Bldg. 6001, 3rd floor. A historical presentation of the JAGC will be viewed and cake and punch will be served.

### Draft Environmental Assessment

The Edgewood Chemical and Biological Center prepared a draft environmental assessment (EA) of the potential environmental and socioeconomic effects associated with the operation of large equipment chemical and biological detection, protection, and decontamination testing sites in the Edgewood Area of Aberdeen Proving Ground.

The draft EA and Finding of No Significant Impact are available for review at <http://www.apg.army.mil/apghome/sites/directorates/dpw/>

Comments will be accepted through Aug. 29. They can be addressed to:

USAGAPG, ATTN: IMNE-APG-PWE (Carol Young), 4304 Susquehanna Avenue, 3rd Floor, Wing B, Aberdeen Proving Ground, MD 21005-5001.

### National Night Out Aug. 2

The National Night Out Against Crime is set Aug. 2 on Flag Court in Patriot Village. In addition to meeting APG police officers and fire fighters, representatives from other organizations will also be on hand.

Attendees can also enjoy free food, games and prizes. The community is invited to attend. Anyone who brings

canned goods for donation to ACS will receive a back-to-school gift. For more information, call the Community Policing Unit at 410-278-3609.

### UMUC fall startup

Get a jumpstart on your education by starting classes this fall! University of Maryland University College (UMUC) is sponsoring a Start Up Event Aug. 3 from 9 a.m. to 4 p.m. at UMUC's APG Office, Room 210 of the Janet M. Barr Soldier Support Center on Susquehanna Avenue.

Advisors will be available to help put together a degree plan and get students on a path to reach their educational goals. As an added incentive, students who apply at this event will have their \$50. application fee waived (not available for Doctor of Management applicants). Call 410-272-8269 for info.

### APG's Walter Reed shuttle service ends Aug. 9

The APG Garrison will discontinue shuttle service to the Walter Reed Army Medical Center effective Aug. 9. For more information, call the Installation Transportation Office at 410-278-2697.

### Couples retreat set

An all-expense paid couples retreat will be held for all APG military couples Aug. 17-19. For more information, call 410-278-4333 or visit [www.strongbonds.org](http://www.strongbonds.org).

### Health Promotion Activities

- **Aug. 6:** Back to School Physical Fair, KUSAHC, 9 a.m. to 1 p.m.
- **Aug. 2, 9, 16 & 23:** Tobacco Cessa-

tion Class, APG South Recreation Center, Noon to 2 p.m.

For more information, contact Ann Laughton at [ann.laughton@us.army.mil](mailto:ann.laughton@us.army.mil) or 410-278-1774.

### Breast health presentation

A Breast Health Presentation will be presented by Dr. Atsuko Okabe, breast surgeon with the Breast Center at Franklin Square, Aug. 11 from 1-2 p.m. Learn about mammography guidelines, treatment options, new trial studies, genetic testing and more. Call Sue Singh at 410-278-1771 or Ann Laughton at 410-278-1774 for information.

### Home Ownership Workshop set Aug. 23

ACS will offer a free home ownership workshop Aug. 23 at 1 p.m. at ACS Bldg. 2503 on Highpoint Road. The workshop will guide Families through most of the financial and administrative hurdles of purchasing or selling. Topics will include Learn Effective Ways To Buy and Sell Real Estate; New & Exciting First Time Buyer Programs; The Four Keys to Home Ownership; Competing Successfully in Today's Market; Breaking Through the Down Payment Barrier; The Home Financing Process; Selecting an Area; Building a Credit Profile and more. Call 410-278-2464.

### Islamic Prayer Service

Islamic Prayer Services will meet every Monday, Tuesday and Wednesday at the APG North (Aberdeen) chapel in Classroom 5 from 12:30 to 1 p.m. Prayer service will also be conducted on Fridays, same location from noon to 1 p.m.

For information, call the chapel at 410-278-4333.

### Contemporary Worship

The chapel will offer a new contemporary worship service on Fridays: Aug. 5 and 19 at noon at the APG North (Aberdeen) chapel. On Aug. 5, the senior command chaplain, Col. Wayne Boyd, will speak on Spiritual Resilience. The first half hour will be music, videos and a brief message.

Every other Friday a different chaplain will speak. Following the half-hour service, attendees will gather in the chapel courtyard for a cookout.

For information, call the chapel at 410-278-4333.

Watch the APG Newspaper for the dates each month.

### Schedule your school physical at Kirk clinic

School physicals are a free benefit at Kirk U.S. Army Health Clinic. Parents are asked to bring all appropriate paperwork from the school. KUSAHC is also offering a half-day physical marathon by appointment Aug. 6 from 8 a.m. to 1 p.m.

Parents are urged to schedule their children as soon as possible because appointments fill up fast. Call Kirk Primary Care-Pediatrics at 410-278-1928 for information.



**MORE ONLINE**

More shorts can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Shorts.

# Community Notes

#### SATURDAY

#### JULY 30

#### SATURDAY CRITTER FEEDING

Eden Mill Nature Center, located at 1617 Eden Mill Road Pylesville, Md. will offer critter feeding for Families at 3 p.m. Join the staff at the nature center as they feed the critters. Take a turn feeding one of the turtles or a snake. Pre-registration is required.

For more information or to register, call 410-836-3050, email [edenmillnaturecenter@gmail.com](mailto:edenmillnaturecenter@gmail.com), or visit [www.edenmill.org](http://www.edenmill.org).

#### MARYLAND WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Maryland Wine Cruise, 7 to 8:30 p.m. on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a cruise around the Susquehanna Flats area as passengers enjoy fine wines. The wine cruise will have a representative from the featured winery onboard telling passengers about their wines and vineyards and to answer any questions. Cheese and a fruit tray will be served. Reservations are required. Credit cards will be accepted.

For more information or for reservations or to purchase tickets, call 410-939-4078.

#### HERPING BY BOAT

Explore the marsh looking for basking turtles, snakes, lizards, and other wetland creatures. This program will be held 9 to 11:30 a.m. for ages 8 to adult. The cost is \$10 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### KAYAK WITH YOUR KIDS

Come out for a sunny afternoon paddle on Otter Point Creek and lunch on Snake Island. Learn to paddle with the kids for a fun new Family activity. This program will be held at noon to 2 p.m. for ages 5 to adult. The cost is \$10 per person. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### SUNDAY

#### JULY 31

#### MOMMY AND ME SUMMERTIME TEA

Dress up and bring a favorite doll or teddy for a Victorian story time and tea in celebration of summer's lazy days. This program will be held noon

to 1:30 p.m. for ages 4 to adult. The cost is \$10 per parent and child, plus \$3 for every additional child. Registration is required.

For more information, to register or for directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

#### MARGARITAVILLE CRUISE

The Chesapeake Conservancy, Inc. will offer a Margaritaville Cruise, 7 to 8:30 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). Set sail with island tunes and margaritas. Reservations are required. Credit cards will be accepted.

For more information or for reservations, call 410-939-4078.

#### WEDNESDAY THRU FRIDAY AUGUST 3 THRU 5 BAY ADVENTURE

Children ages 11 to 15 can spend a special three-day and two-night sail aboard the Skipjack Martha Lewis. The ship will leave at 9 a.m. Children will come together learning valuable sailing, communications, teambuilding and environmental education as they travel the Bay returning on Aug. 3. This event costs \$100 per person. Res-

ervations are required.

For more information or for reservations, call 410-939-4078.

#### SATURDAY

#### AUGUST 6

#### MARYLAND WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Maryland Wine Cruise, 7 to 8:30 p.m. on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a cruise around the Susquehanna Flats area as passengers enjoy fine wines. The wine cruise will have a representative from the featured winery onboard telling passengers about their wines and vineyards and to answer any questions. Cheese and a fruit tray will be served. Reservations are required. Credit cards will be accepted.

For more information or for reservations or to purchase tickets, call 410-939-4078.



**MORE ONLINE**

More calendar events can be seen at [www.apgnews.apg.army.mil](http://www.apgnews.apg.army.mil) under Community Notes.



# FAMILY AND MWR

### Lynyrd Skynyrd plays APG Aug. 20

The legendary rock band Lynyrd Skynyrd returns to Aberdeen Proving Ground for the Army Concert Tour featuring special guests, The Doobie Brothers and Dilana, at Shine Sports Field Aug. 20.

Gates open 6 p.m., show starts 7 p.m. Tickets cost \$30 in advance, \$40 the day of the show. Purchase tickets in person at the APG MWR Leisure Travel Office, bldg. 3326, 410-278-4621; or online at TICKETMASTER.com.

Volunteers are needed to work concessions and in other areas. To volunteer, contact Earlene Allen at 410-278-3854 or e-mail earlene.allen.naf@mail.mil. For more information, visit [www.apgmwr.com](http://www.apgmwr.com).

### APG Team Paintball Tournament

Do you enjoy extreme sports? If so, gather up your friends and form a three-man paintball team for the APG Shoot Out 3 Versus 3 Paintball Tournament 11:15 a.m. July 30 at Shore Park.

Navigate, strategize and compete in our inflatable paintball "Mega Dome." First and second place teams receive medals and the winning team photo will be featured in the trophy case at Outdoor Recreation. Music, games and refreshments will be available. (Paintballs will not be real paint. Pellets only).

Team entry fee is \$20 for pre-registration. Registration starts 11:15 a.m. with a tournament start time at noon. Teams may also register before July 30 by calling 410-278-4124/5789.

### Starting a small business

The Army Community Service Employment Readiness Program will sponsor two sessions of How to Start Your Small Business, 11:30 a.m. to 1 p.m., Aug. 3 and Nov. 2 at Child, Youth and School Services, Bldg. 2503.

The free 90-minute program provides an overview of starting a business, successful entrepreneurship and how to write a strategic business plan.

The sessions are open to DoD cardholders, including contractors and retirees, and Family members and guests. Space is limited.

For information or to RSVP, call Marilyn Howard at 410/278-9669/7572.

### NYC day trip Aug. 6

Leisure Travel will offer eight hours of shopping in New York City Aug. 6. Enjoy the city without the driving or parking problems. Cost is \$46 per person and includes roundtrip bus transportation. The bus will depart from

Mountain Road Park and Ride I-95 (Exit 74) at 7:55 a.m. For information on New York City, visit [www.nyc-tour.com](http://www.nyc-tour.com). For information or to reserve a seat, call MWR Leisure Travel Office at the APG North recreation center, Bldg. 3326, 410-278-4011/4907 or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

### Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child, Youth & School Services babysitting class for ages 13 to 18.

The class will be held 9 a.m. to 3 p.m., Aug. 8 to 10, at the Aberdeen Area Child, Youth and School Services, Bldg. 2522 and will highlight the responsibilities of babysitting. Class is open to all DoD ID cardholders.

To register or schedule an appointment, call Central Registration at 410-278-7571/7479, Bldg. 2503. For information, call 410-278-4589 or email [stacie.e.umbarger.naf@mail.mil](mailto:stacie.e.umbarger.naf@mail.mil).

### Universal Studios discount tickets

Universal Orlando® Resort is proud to offer a discount ticket program to all active duty, retired military and Department of Defense personnel. All Universal Studio tickets must be purchased at least 3 weeks before the trip.

Universal Studios includes two theme parks, non-stop nightlife and more all in one convenient location. At Universal CityWalk® enjoy the best in restaurants, nightclubs, shopping and movies.

For more information, call 410-278-4011 for price breakdown.

### Movies under the stars

Enjoy a fun Family night out free of charge. Pre-movie festivities begin at 6:30 p.m. and include games, a deejay and karaoke. The movie will begin at 8 p.m. or at dusk. Bring lawn chairs, blankets and snacks. Food and refreshments will also be available for purchase.

Movies include:  
Aug. 5, Happy Feet, AA Shore Park  
For more information, call 410-278-4124



## DON'T MISS THE DRAMA

(From left) Aunt Abby, played by Tami Woodruff, receives good news from Mortimer Brewster, played by Nigel Nicholson, during a rehearsal of *Arsenic and Old Lace* at the APG North recreation center. The play will be performed by the APG Theater Club for one night only at the newly renovated post theater Aug. 6 at 7 p.m. It is a macabre comedy about a drama critic who learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family. The big screen adaptation is listed by the American Film Institute as one of America's Funniest Movies. Get your tickets for this family-friendly performance at MWR Leisure Travel Services, Bldg. 3326, call 410-278-4011/4907 or email [MWR-LeisureTravel@conus.army.mil](mailto:MWR-LeisureTravel@conus.army.mil). Tickets are \$10 for adults, \$5 for active duty, \$5 for children.

Photo by Adrienne Foss

### APG Fitness Center closure

The APG Fitness Center, Bldg. 320, will be closed through Labor Day weekend. Work to install a new air conditioning system with duct work, expanded shower and locker rooms, new flooring and entrance area will be done.

Fitness Center is located in bldg. 2407. Hours are Monday- Thursday, 5 a.m. to 6 p.m. Closed Friday, Saturday, Sunday and holidays. Call 410-278-9725.

### Hoyle Gymnasium closure

The court side of Hoyle Gymnasium, Bldg. E4210 will be closed through Labor Day for fire suppression system installation, ceiling repair work and expansion of the second floor area. During the time the court side is closed, fitness classes will be relocated to the Edgewood Area Recreation Center, Bldg. E4140. NOTE: small areas of the fitness center side will be disrupted at times for fire suppression installation. Call 410-436-7134.

### Board horses at APG Stables

The APG stables are a self-care boarding facility located in the Edgewood Area, Bldg. E5286, for privately owned horses of military and civilian employees, retirees and Family members.

All patrons must have a valid military or installation ID card.

Monthly stall fees include:  
Four turn-out pastures  
Lighted riding arena  
Water troughs in each pasture  
Run-in sheds  
Barn with water and electricity  
Tack rooms, grain room and hay storage provided

For more information or to sign up, call Outdoor Recreation at 410-278-4124 or visit [www.apgmwr.com/recreation/odr/stables.html](http://www.apgmwr.com/recreation/odr/stables.html).

### Single father books available

Army Community Service cares about the single fathers in the community and recognizes the unique challenges that many single fathers, including those whose wives are deployed, encounter. ACS has purchased "The Complete Single Father." It includes chapters on communicating effectively with kids, making your house a home and parenting styles. Stop by ACS 2503 High Point Rd, Room 123, to pick up your copy. Supplies are limited.

### Medieval Times discount tickets available through Leisure Travel

The Leisure Travel Office has discount tickets for Medieval Times Dinner and Tournaments located at Arundel Mills Mall, 7000 Arundel Mills Circle, Hanover, Md. Tickets cost \$39.25 per adult and \$32 per child (ages 3 to 12). Reservations must be made at the time of purchase; other locations available upon request. All prices and savings are based on the final cost to include all taxes and fees. Prices are subject to change

without notice.

Visit the MWR Leisure Travel Office, Bldg. 3326, 9 a.m. to 6 p.m., Mondays through Fridays and 9 a.m. to 2 p.m. on Saturdays.

For more information or to purchase tickets, call MWR Leisure Travel Office, Aberdeen Area Recreation Center, Bldg. 3326, 410-278-4011/4907 or email [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

### Discount Aquarium tickets

The Leisure Travel Office offers discount tickets to the National Aquarium in Baltimore. Adult tickets cost \$23.25 per person; tickets for children ages 3 to 11 cost \$17.50; active duty tickets cost \$19 each and are issued one per active duty ID card only. Tickets do not include the dolphin show or the 4D Theater, but are upgradeable at the aquarium. Take an unforgettable journey into the mysteries of water and the beauty of the natural world.

Watch brilliantly colored triggerfish explore a coral reef. Marvel as sharks glide through the shadowy depths just an arm's length away.

For more information or to purchase tickets, call the MWR Leisure Travel Office at 410-278-4011/4907, visit the

AA Recreation Center, Bldg. 3326 or e-mail [APGR-USAG-MWR-LeisureTravel@conus.army.mil](mailto:APGR-USAG-MWR-LeisureTravel@conus.army.mil).

### Weather damages Chesapeake Challenge Amusement Park

Chesapeake Challenge Amusement Park will not open as earlier promoted due to maintenance issues and effects of severe weather over the last six months. The go cart track, mini golf and batting cage maintenance will be assessed over the summer. It will be determined if it is cost effective to open the park in 2012. For more information, call 410-278-4124.

### Looking for a job?

Visit FMWR Jobs available at [www.apgmwr.com](http://www.apgmwr.com).

All jobs for Aberdeen Proving Ground are listed at <http://www.armycivilianservice.com> or check out AAFES Jobs link <http://odin.aafes.com/employment/> for additional job opportunities.



## July bowling specials

- Early Bird Special: Bowl for one hour for \$1 per game from 7 to 9 a.m. Includes shoe rental.
- Each Friday, 6 to 10 p.m., bowl one game for \$0.75 per game. Shoe rental costs \$2.
- Cosmic Saturdays: Each Saturday, receive one hour of bowling, one whole cheese pizza (toppings extra) and one pitcher of soda for \$34 (Up to six people). Includes shoe rental.

### Bowling rates

Bowling costs \$3 per game, Monday

to Friday from 7 a.m. to 5 p.m.; games cost \$3.50 each on Fridays, 9:30 to 11 p.m.; Cosmic Saturdays cost \$3.75 per game; and \$3 per game on Sundays.

### New hours for summer

Effective through September, The Bowling Center hours are 7 a.m. to 3 p.m., Monday through Thursday; 7 a.m. to 10 p.m., Friday; 3 p.m. to 10 p.m., Saturday; the Bowling Center will be closed on Sundays. Holiday hours will be announced at a later date.

## APG Bowling Center Snack Bar specials

Building 2342

Lunch delivery is available for orders of \$25 or more. Call for delivery before 11 a.m.

### Week of July 25

Special #1: Pepperoni pizza sub with French fries, cookie and regular soda for \$6.50.

Special #2: Chief salad, cookie and regular soda for \$7.50.

### Week of August 1

Special #1: Turkey club sandwich with potato chips, cookie and regular soda for \$7.45.

Special #2: Kielbasa and sauerkraut with potato chips, cookie and regular soda for \$6.50.

The Bowling Center also serves breakfast. For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.







## Legally speaking

(From left) After a will execution ceremony, Ingrid Winn, the spouse of a military retiree; Winn’s grandson Lance Lehmann; and legal technician Christi Peterson listen as Amy Snyder, a legal assistance attorney from the Staff Judge Advocate Office, explain a legal procedure. The SJA Office provides free legal services and consultation to active duty military, retirees and their spouses. The SJA Office also stands up the Tax Center, which prepares taxes for eligible community members. The SJA Office is located at 4305 Susquehanna Avenue, 3rd Floor. For information, call 410-278-1583.

Photo by Rachel Ponder

# Grilling tips for a safe summer

Installation Safety Office (ISO)

Besides baseball, outdoor grilling is probably one of America’s greatest pastimes. It is as popular as ever with the latest trends elevating charcoal and gas grills into complete outdoor kitchens with the latest high-tech features, gadgets, and accessories. But it still has its own set of hazards. It is important to plan and use common sense before the burner is lit or a single hamburger hits the grill.

A fun barbecue is going to be a safe barbecue with no one being hurt or injured. According to the National Fire Protection Association (NFPA), although gas grills are used roughly 1.5 times as often as charcoal grills, gas grills are involved in five times as many fires. Four of every five grills involved in home fires (81 percent) were fueled by gas while 17 percent used charcoal or other solid fuel.

During 2004-2008, U.S. fire departments responded to an estimated average of 154,700 home structure fires involving cooking equipment per year. These fires caused an annual average of 460 civilian deaths, 4,850 civilian injuries, and \$724 million in property damage. Whether grilling with gas or charcoal, there’s always a chance of getting burned. So use common sense and pre-planning to help prevent injuries and keep the following tips in mind when using grills:

### Read the owner’s manual.

Always read the owner’s manual and follow specific usage, assembly, and safety procedures. Perform a thorough safety inspection before even considering lighting the grill.

### Starting the fire.

IAW APGR 420-1, before using a grill on post other than at a private housing unit or in a designated picnic area, a flame permit must be obtained from the APG Fire Department. This can be done by calling 410-305-0572 in the Aberdeen Area and 410-436-4451 in the Edgewood Area.

Never use kerosene or gasoline to start a fire, only use an approved charcoal lighter fluid to start a charcoal-fired grill, but remember to never add lighter fluid when it is already burning. When lighting up the gas grill, use the 10 to 5 rule. If the grill does not start within 10 seconds, turn off the gas, leave the lid open and give it 5 minutes before you try again.

### Grills are for outside use only.

Charcoal grills are designed for outdoor use only so never barbecue inside a trailer,

tent, house, garage, or any enclosed area. Doing so can lead to carbon monoxide poisoning and deadly consequences. Set the grill in an open ventilated area that is away from high traffic routes, buildings, overhead combustible surfaces, dry leaves, or brush.

### Keep grill stable.

When using a barbecue grill, be sure that all parts of the unit are firmly in place and that the grill is stable and cannot be tipped over. Never move a hot grill, it’s too easy to stumble or drop it, and serious burns could result.

### Propane grills.

Use only equipment with the label of a recognized testing laboratory and then check the gas cylinder hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing bubbles. If you determine your grill has a gas leak, by the smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If you should smell gas while cooking, immediately get away from the grill and call the fire department.

### Follow electric codes.

If electrically-operated accessories like rotisseries are used, be sure they are properly grounded in accordance with local codes. Electrical cords should be placed away from walkways or high traffic areas where people can trip over them.

### Use long-handled utensils.

Use barbecue utensils with long handles (forks, tongs, etc.) to avoid burns and splatters.

### Wear safe clothing.

Don’t wear loose clothing such as hanging shirt tails, frills, or apron strings that can catch fire, and use flame-retardant mitts when adjusting hot vents.

### Keep the fire under control.

To put out flare-ups, either elevate the cooking grid that the food is on, spread the coals out evenly, or adjust the controls to lower the temperature. If necessary to control the flames, douse them with a light spray of water. Be prepared to extinguish the flames by using a fire extinguisher, a bucket of sand, or a garden hose.

### Use a grill pad or splatter mat beneath the grill.

These naturally heat resistant pads are usually made of lightweight composite cement or plastic and can protect a deck or patio from any grease that misses the drip pan.

### Properly dispose of the coals.

Don’t conduct activity near the grill when in use and never leave a grill unattended once it is lit or after cooking; remember that the grill body can remain hot up to an hour after being used. Properly dispose of used coals by allowing them to fully cool to the touch before disposing to it in a non-combustible container. A number of fires are started each year when hot or warm coals are placed in bags and then discarded in a garage or on a deck.

The hazards of outdoor grilling are not just limited to burns. Careless food preparation and contamination can lead to a nasty case of food poisoning. Check your food thoroughly, and trust your instinct if something seems off, smells rotten, or could possibly be contaminated. You want to enjoy your summer, not suffer the lingering effects. Cover cuts and other injuries using waterproof bandages or by wearing latex gloves and use the tips listed below to keep your food safe and healthy to avoid food contamination during your cookouts.

### Avoid cross-contamination.

Cross-contamination occurs when bacteria from one food item is transferred to another food item, often by way of unwashed cutting boards or countertops, as well as knives and other kitchen tools or unwashed hands. For example, cross contamination could occur if a cook cuts raw chicken on a cutting board and then later slices fresh tomatoes on the same board without washing it first. Never place cooked food on a plate that held uncooked meat, poultry, or seafood.

### Clean everything!

Bacteria can spread throughout the food preparation area and get onto hands, cutting boards, knives, dish cloths, sponges and countertops. Wash cutting boards, knives, utensils and counter tops with hot soapy water after preparing each food item and before going to the next one. Go even further by wiping surfaces using one-half teaspoon of household bleach in 1 liter of

water. Dish cloths can be an ideal environment for bacterial growth and multiply so consider changing dish cloths often and machine wash them in hot water. Keep your grill clean by removing grease or fat build up from the grill.

\*\*Always wash hands with soap before preparing or serving food and after handling raw meat, poultry, and seafood; using the washroom; sneezing or coughing or touching pets.

### Cook thoroughly.

In general, foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the bacteria that cause food borne illness. Using a meat thermometer is one way to measure the internal temperature of cooked meat and poultry to make sure it is cooked thoroughly. A cooking temperature chart can specify cooking time and safe temperatures for cuts of poultry, pork, and beef. If a meat thermometer is not available, cook until juices run clear.

### Separate raw food from cooked.

Bacteria can easily spread from raw food to cooked food, when preparing raw meat, keep the food (and juice) away from ready-to-eat foods. It is always a good idea to store raw meat, poultry, and seafood items on the bottom shelf of the refrigerator to prevent the juices from dripping onto other foods and to use one cutting board for raw meat and another board for salads or fruit.

### Keep it cold.

Cold temperatures of 40 degrees Fahrenheit or 4 degrees Celsius or below (refrigerator) and -18 degrees Celsius (freezer) slow down the growth of micro-organisms. Keeping food cold is one of the best ways to reduce the risk of food borne illness. Never defrost food at room temperature; it is always best to thaw food in the refrigerator. For a quick thaw, place the food item in an airtight bag and put it in cold water or thaw in the microwave.

In conclusion, when cooking outdoors, take all the above steps to mitigate risk and prevent accidents from happening for a more enjoyable and safe summer. For more information, you can visit the Army Combat Readiness Safety site at <http://safety.army.mil> and click on the “Safe Summer” logo for summer safety tips. For additional safety assistance, please contact Lynda Rice, Installation Safety Office, at 410-306-1154.

